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8th MPs return from Iraq

President orders ban on texting

U.S. Army Garrison-Hawaii Public Affairs

The executive order, citing the many safety risks associated with texting while driving, is a legally binding order to Federal Administrative Agencies, given by the President, acting as the head of the Executive Branch.

- A third offense will result in a 180-day suspension. Driving with a suspended license will result in driving privileges being suspended for five years and further offenses may result in extended suspension periods, revocation of driving privileges or debarment from Army installations on Oahu.

Driving is a “divided attention task” meaning a driver’s attention is split between the road, other cars, traffic signals, radio, etc. When drivers use their phone and send text messages, they are no longer paying attention to the

SEE TEXTING, A-10

SEE AWARD A 10



Criztina Jean | 4th Military Transition Team, 25th Infantry Division Family Readiness Group

The brigade assisted, mentored and supervised the Iraqi police as they achieved many historical milestones, including the enactment of the security agreement, the

successful provincial elections, the withdrawal of American troops from major Iraqi cities, and guidance for the upcoming provincial elections.

JTF-HD responds to American Samoa tsunami

Joint Task Force-Homeland Defense Public Affairs

The 8.4 magnitude earthquake that struck near the Samoan Islands region caused

Working in unison with the Federal Emergency Management Agency (FEMA), other

"Our staff did a tremendous job," said Col. Chels Chae, deputy chief of staff.

SEE TSUNAMI. A-10

ER improvements reduce waiting time at TAMC

Staff Writers

That's the promise of the medical team here at the main portal of Tripler Army Medical Center (TAMC), where a new triage program that emphasizes prompt service, along with top-notch professional care, has been launched.

For patients this means they will

SEE IMPROVEMENTS A-9



Don Robbins | Staff Writer

Staff Sgt. Michael Hall, left, B Company, demonstrates how the new phlebotomy station is used with Ray Pasion, medical support assistant.

307th ITSB praised for excellent maintenance

Accomplishments of past
three years commended

SCHOFIELD BARRACKS – The 307th Integrated Theater Signal Battalion (ITSB) was recently invited to compete for the

Left — Pfc. Jean Desire, command post node operator, 307th Integrated Theater Signal Battalion, checks the grounding of an antenna during new signal equipment

Soldiers from Headquarters and Headquarters Company (HHC) and C Co., 307th ITSB, got the news from Lt. Col. Jacqueline Brown, commander, 307th ITSB, Oct. 14

The invitation to compete for this award was the result of many accomplishments that Soldiers of the 307th ITSB made during the past three years.

Recreation recognition

B-1

This issue

Downloaded From: A 9

News Briefs **A-8**

FMWR B-2

Parameter	DF
Overall	1, 5

Sports & Fitness **B-5**

Liana Mayo | 311th Signal Command
D.L.H. Affiliates

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 10/21/09.

on procedures include fingerprint scans, though they can be And though it should go without saying, don't write down your password on a note next to your computer.

What to do if something goes wrong? If you are careful, your computer will be compromised.

Why? One answer is to call the manufacturer. What makes your security software so good? The company that replaced you bought the computer. They can also call one of the myriad of computer troubleshooters. Keep a list of phone numbers for your security software manufacturer and the place where you bought your computer somewhere in your address book. Numbers and contact information are good sitting on your desk in case something goes wrong.

Proverbs 15:22 says, "Plans fail for lack of counsel, but with many advisers they succeed." This verse does not say that those who advise or counsel have the responsibility to seek out those in need of advice and counsel. It says plans fail for lack of counsel, meaning that if you are in need of advice or counsel it would be wise to seek out a mentor so you can learn how to succeed in life, work and spiritual growth. Stating the principles of leadership does nothing if the practice of these principles is not seen in our leaders.

Asking for advice from leaders is not something I see our young Soldiers and young officers doing very often. What I do see are Soldiers and young officers making mistakes that could have been avoided. I believe this han-

The only difference is God is not the one who has placed a barrier up. You are in need of advice or counsel. You know that you can always seek counsel from your heavenly father. He is waiting for you to approach him with your burdens, stress, issues, confessions and supplications.

His response will never be, "Is this really important right now, can this wait for a better time?" He is waiting on you to seek him out so that he can be one of your advisors. Proverbs says that with many advisors your plans will succeed. If you are in need of help with your plans and do not feel you are worthy to seek advice from God, please seek a chaplain, for we are here to help you nurture your faith.

"Make sure to secure all valuables, and don't go outside at night alone." Alicia Enoch Recreation Program Coordinator, DFMWR	"By reporting bad guys to the police." Justin Ellison Family member	"I maintain situational awareness and maintain positive control of my Common Access Card." Lacey Justinger Public Affairs Specialist, U.S. Army Corps of Engineers-Honolulu District	"Don't leave valuables out in the open." Savannah Taylor Family member	"I'm kind to others." Trinity Wilson Family member
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Range training in India fires up ‘Strykehorse’ regiment

Story and Photo by
STAFF SGT. CRISTA YAZZIE
U.S. Army-Pacific Public Affairs

CAMP BUNDELA, India – From the bottom of a hill, Indian army soldiers and U.S. Soldiers charged up to its crest, shooting and working their way together towards a common target at the top, while two Stryker vehicles covered the Soldiers’ positions with suppressive fire, Oct. 16.

This uphill range is only one of a spectrum of Indian army ranges U.S. Army Soldiers had an opportunity to train with during the first mechanized Exercise Yudh Abhyas 2009, an annual battalion-level exercise involving the two ground forces. The exercise, running Oct. 12-27, allows participants to conduct multi-echelon, full-spectrum, combined operations.

This year, the Soldiers of the Indian army’s, 31st Armored Division, 94th Armored Brigade, hosted visiting Soldiers assigned to the U.S. Army’s 2nd Squadron, 14th Cavalry Regiment “Strykehorse,” 2nd Stryker Brigade Combat Team, 25th Infantry Division.

“This exercise enables us to gain a relationship with the Indian army so they can see how our Strykers operate, and we can see how they operate, as far as their maneuvering of vehicles and their infantry. This way we both gain further respect for each other,” said Staff Sgt. Wayne Dively, range safety officer, assigned to Troop C, Strykehorse Battalion.

Live-fire training at the ranges enabled partnership and cooperation between the Indian and U.S. Armies.

“At first they show us their methods, then we follow on with ours,” said Maj. Paul Armstrong, squadron operations officer, Strykehorse Battalion. “They do their exercise out on the range, individual, small team size, and then we try to mix and mingle. The final idea is to have an Indian



Spc. Timothy Cooke, left, and Sgt. Kyle O'Leary, both assigned to Troop A, 2nd Squadron, 14th Cavalry Regiment “Strykehorse,” 2nd Stryker Brigade Combat Team, prepare to shoot the MK 19 or Mark 19 grenade launcher during range training at Exercise Yudh Abhyas 2009, Oct. 15.

army soldier right next to a U.S. Army Soldier, so they’re shooting next to each other. Then we’ll give each other familiarization of each other’s weapons systems and let one another try out each other’s weapons.”

Even though the Indian army soldiers were in charge of the ranges, U.S. Soldiers helped ensure the safety of all participants.

“These are ranges that the Indian army uses on a day-to-day basis, so they demonstrate how they operate the range, and we adapt to that,” said Dively. “We still have safeties, which are guys going

out there making sure (we do) what we need to do to be safe, so there aren’t any accidents, keeping all the things we implement in a normal range in the United States, to include an officer in charge, a range safety officer, and a safety for every lane.”

Some of the ranges used include mounted and dismounted, shooting from a moving vehicle, react to ambush, uphill and downhill ranges, long-range crew weapons, moving and static targets, outdoor reflexive fire, ditch, trench, tunnel, wire, bunker, grenade, bayonet and marksmanship ranges.

“Out here, we can use more of our heavy weapons systems and get better training with it,” said Dively, noting some of the differences. “They use two different kinds of shoothouses. One is a tiny shoothouse, and the other is a bigger village that they operate through. The trench range was also different than what we would normally do. Normally, we would call engineers in to clear trenches, so that was something to learn and adapt to.”

One Soldier had his first opportunity to train with the unit on a range using the Strykers.

“We did a lot of movement drills and other training we can’t do in Hawaii. It’s hot, but the training is good,” said Pvt. Brian Thacker, a scout with Troop C. “We don’t really have the ranges to do things like fire while moving and mounted. It’s definitely a different environment to train in, but it’s going to get us ready to deploy.”

During the range training, Indian army troops had the opportunity to try out some of the U.S. equipment, as well.

“For the reflexive fire, we downgraded our gear and let them get a feel for how we operate daily, as far as our vests, our kevlar, our optics for our weapons,” Dively said. “We put them through the reflexive fire range just like we went through, as far as doing our turns our pivots, our walk and shoot. They didn’t like our gear much; they said it was real heavy and basically limits your freedom to maneuver.”

Soldiers of both Armies had opportunity to maneuver together, as well on a variety of ranges.

“I like that we get to work with the Indian army and interact with them,” said 2nd Lt. William Lane, leader, 2nd Platoon, Troop C. “We get to see them employ their tactics, which are a little bit different than ... ours, and best thing is, we get to run through a lane together, which you really can’t get a chance to do anywhere else.”

Indian and US troops share similar tactics, techniques, procedures

Story and Photo by
STAFF SGT. CRISTA YAZZIE
U.S. Army-Pacific Public Affairs

CAMP BUNDELA, India – Similarities and a common effort became apparent to participants of Yudh Abhyas 2009 once the U.S. and Indian Armies began their training for the annual bilateral field training exercise, both on and off the field, Oct. 15.

Tactics, Techniques and Procedures were the focus of a series of informational exchanges between the Indian Army and the 2nd Squadron, 14th Cavalry Regiment, “Strykehorse,” 2nd Stryker Brigade Combat Team, 25th Infantry Division.

“It’s great to get to learn different ways to do things because we all have to be agile leaders in this Army, and (these opportunities) give us more tools to conduct our jobs,” said Maj. Paul Armstrong, squadron operations officer, Strykehorse Battalion. “Despite the fact each Army may have a different approach to the same problem, we always end up with a solution that works.”

Armstrong coordinated the training between the Indian army’s 7th Mechanized Infantry Battalion, 31st Armored Division, 94th Armored Brigade, and the Strykehorse Battalion.

According to Armstrong, the classes, which included subjects as varied as medical, logistics and intelligence, were a collaboration between both Armies, with various subject matter experts brought in from both forces.

“The Indian army had an expert come in from (New) Delhi to give a (United Nations) Peace Keeping class, among many others,” Armstrong said.

The U.S. Army is bringing in three experts to teach, Armstrong added.

In addition, Soldiers from both participating units were able to demonstrate their individual methods for similar challenges, such as cordon and search, and evacuating a casualty.

“Watching the Indian (Casualty Evacuation) training, they had a different number of people with each casualty than we would for casualty evacuation training, but otherwise, it was almost the same,” said Pfc. James Durand, medic, Troop B, Strykehorse Battalion.

Durand also noted a significant difference in the level of education between the U.S. and Indian Army medics.

“They actually have a degree in pharmacology, so they’re definitely far more trained in medicine than we are, but the actions taken for casualty evacuation didn’t seem much different,” Durand said.

Armstrong expressed satisfaction with the informational exchange.

“This is a good method to exchange in professional learning

with our Indian partners,” Armstrong said. “Through this program, we’ve realized the high level of professionalism the Indian army’s enlisted soldiers and officers have, and we’ve also gained a high degree of respect for the Indian army.”

Indian army medical soldiers from the 431st Field Hospital demonstrate casualty evacuation techniques to an audience of Indian and U.S. Soldiers, Oct. 13. The demonstration is part of a subject matter expert exchange for Yudh Abhyas 2009, an annual bilateral exercise between the Indian and U.S. Armies.



Luncheon spotlights spiritual fitness, thinking ‘vertically’

Story and Photo by
STAFF SGT. MIKE ALBERTS
25th Combat Aviation Brigade Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq – What’s your purpose, and how can you achieve excellence in those things you do while maintaining a healthy life balance?

Soldiers, civilians and other attendees were asked to consider these weighty questions at the final Task Force Lightning prayer luncheon, sponsored by the 25th Infantry Division (ID) and hosted by the 25th Combat Aviation Brigade (CAB), here, Oct. 11.

According to Chaplain (Maj.) Linda Norlien, brigade chaplain, 25th CAB, the 25th ID has rotated different speakers for a monthly prayer luncheon since the division’s arrival in Iraq in 2008.

October’s featured speaker was Brig. Gen. James Nixon, the deputy commanding general of operations for Multinational Division – North. Attendees were treated to a scripture reading and a musical rendition of “Amazing Grace.”

“The reason we have these events, the reason we pray, is because God is gracious and answers prayers,” Norlien said. “One of the reasons we call people together to a prayer luncheon is because there is a sense of camaraderie and community among those praying together for common things.

“We are not alone. We are united,” Norlien added.

Chaplain (Capt.) Tony Cech, battalion chaplain, 209th Aviation Support Battalion, 25th CAB, elaborated on the value of hosting spiritual fitness events for Soldiers.

“Prayer luncheons are good things for many reasons,” explained Cech. “They enable us to connect to others who are part of the Army community and who are believers. But also, these events make us think vertically.

“We tend to think ‘horizontally,’ and by that I mean we focus on immediate things, those with whom we interact and the mission,” Cech continued. “Events like this, when they talk about our purpose, remind us God has a higher purpose for us, and help us to think about life’s big picture and reflect on the fact that we are all spiritual beings.

“Another benefit is to hear the testimony of what God has done and is doing in the lives of others. It’s quite a unique experience to have someone of General Nixon’s stature share his faith and tell people, ‘This is what God is doing for me. Consider these things as you live your life,’” Cech said.

Among the things Nixon emphasized was for Soldiers to refine their purpose in life by reflecting on life’s turning points, the events in life that



Spc. Jason Thompson, unit armorer and nuclear, biological chemical specialist, Headquarters and Headquarters Company, 25th Combat Aviation Brigade (CAB), reviews a program during the Task Force Lightning prayer luncheon at the South Dining Facility, Contingency Operating Base Speicher, Iraq, Oct. 11. The event was sponsored by the 25th Infantry Division and hosted by the 25th CAB.

change the course of a person’s life.

“The reality is that you all lead purposeful lives,” Nixon said. “You should all get great fulfillment in that knowledge.

“But, how do we refine our purpose based upon the gifts that God has given us for the short time we have in this life?” he asked rhetorically. “One way to refine your purpose is through life’s turning points.”

For Nixon, God is involved in those turning points, and one may not understand the intentions behind those turning points without the benefit of time and reflection. He believes we refine our purpose by trying to understand those moments and connecting that understanding to our beliefs and adjusting our lives as we move forward.

The general’s message was not lost on the Soldiers.

“I hope they continue to have these events,” said Pfc. John Henneberry, aviation operation specialist, Headquarters and Headquarters Company, 25th CAB. “General Nixon really made an impact on me, especially his emphasis on spiritual fitness.

“I definitely thought of exercising that aspect of my life more. Just like in the gym, you try and build and work muscles to get stronger. It’s the same with your faith,” Henneberry concluded.



Capt. Matthew Wagoner (left), commander, A Company, 37th Engineer Battalion, and his brother, Sgt. 1st Class Cameron Wagoner, D Co., 2nd Bn., 25th Aviation Regiment, 25th Combat Aviation Brigade, spend some time together in Tikrit, Iraq. Cameron's promotion was a rare opportunity for the brothers to see each other between their deployments and different duty stations.

Brother promotes brother

Story and Photos by
1ST LT. MEGHAN E. KEEFE
37th Engineer Battalion (Combat)(Airborne) - Joint Task Force Eagle

CONTINGENCY OPERATING BASE SPIECHER, Iraq – For some brothers, serving a deployment means a chance to see family and catch up while in Tikrit, Iraq.

A promotion ceremony gave the two brothers the opportunity to catch up while deployed.

Capt. Matthew Wagoner, commander, A Company, 37th Engineer Battalion, based out of Fort Bragg, N.C., pinned the rank of sergeant first class on to his brother, Cameron Wagoner, D Co., 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, Oct. 7.

Cameron became promotable in July 2009. As an aircraft components repair supervisor with nine years in service, it speaks highly of Cameron to become promotable early in his career. Knowing his brother would be in country, Cameron waited until he deployed to Iraq to be promoted.

“I’m proud to have my brother promote me. While growing up, he showed me right from wrong. I’m truly grateful he traveled here in Iraq for this important time in my career,” Cameron said after his brother pinned on his new rank.

Following Cameron’s promotion, the brothers took a walk on the flight line to catch up and relax before Matthew’s patrol had to head back south.

“I’m proud to see Cameron make it to the senior level. Looking back to when we were growing up, I never imagined I’d be standing in Iraq promoting him. It was great,” Matthew said.

The brothers have six combat deployments between the two of them, five of which are on different timelines and in different theaters.

For a short period of time in 2006, when Cameron was assigned to the 82nd Airborne Di-



Capt. Matthew Wagoner (left) promotes his brother, Sgt. 1st Class Cameron Wagoner, while deployed to Iraq.

vision and Matthew had returned to Fort Bragg from Iraq, they were stationed together. However, over the past five years, the two brothers have seen very little of each other.

“It was awesome when we were stationed together. We hadn’t seen each other in so long because we were either at different duty stations or deployed. While at Fort Bragg, I actually got to know Cameron and his family again,” Matthew said.

The Wagoner family has a history of service to their country. Father, Sgt. 1st Class (Ret.) Terry Wagoner, moved his family to Fort Campbell, Ky., while on recruiting duty in 1982. Mother, Cheryl Wagoner, also served in the Army as a sergeant.

Behind-the-scenes NCO honored for standard of support

Story and Photo by
2ND LT. JULIANNE BARCIA
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — A non-commissioned officer (NCO) who prefers to work behind the scenes to help his Soldiers succeed was recently put in the spotlight.

The 500 Military Intellignce (MI) Brigade recognized Sgt. Terence Miller, A Company, 205th Military Intelligence (MI) Battalion, this October for his dedication to high quality service during their “Year of the NCO” celebrations.

“I was really shocked when I found out I’d been nominated,” Miller said. “I never expected this. I’m not the type to ever seek the spotlight, but it felt good to be recognized when I found out.”

This Guthrie, Okla., native serves as the unit supply sergeant and has a myriad of other collateral duties vital to the company’s mission.

“Sergeant Miller is a true professional, both technically and tactically sound, an NCO you can count on to get any task complete to the highest standards,” said 1st Sgt. Benjamin Lemon, A Co., 205th MI Bn.

Miller enlisted in July 2001 and was at basic training when the Sept. 11, 2001, terrorist attacks happened. He has since deployed to Iraq twice. Miller was promoted to the rank of sergeant in May 2005 and arrived at the 205th MI Bn. in August 2008.

As the A Co. supply sergeant, he is charged with maintaining the



Sgt. Terence Miller, left, A Company, 205th Military Intelligence (MI) Battalion, assists a Soldier in the A Co., 205th MI Bn. supply room.

battalion’s largest property book, valued at more than \$11 million. During brigade and battalion command inspections, Miller’s supply room received a commendable rating and was recognized to compete for the Department of the Army Supply Excellence award.

Miller fills a range of vital leadership positions and tackles numerous collateral duties. He serves as the

headquarters platoon sergeant, company unit prevention leader, key custodian and motor sergeant. He also assists in numerous small arms ranges. Throughout the past year, he served as either a range safety officer or lane safety for eight small arms ranges that safely qualified more than 150 Soldiers on their assigned weapons.

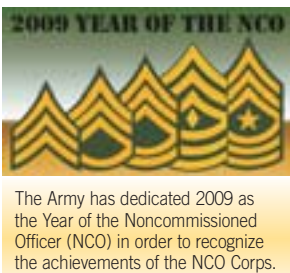
“While managing all the responsibilities I have is challenging at times, I re-

ally enjoy it because it’s fast paced, and I’m always on the go, with something to do so your day is gone before you know it,” he said.

He is motivated by a sense of pride in his work.

“I hate to fail, and therefore I am motivated to do my very best with each task,” Miller said. “I take pride in my work and my responsibilities.”

Along with maintaining an above



The Army has dedicated 2009 as the Year of the Noncommissioned Officer (NCO) in order to recognize the achievements of the NCO Corps.

270 Annual Physical Fitness Test (APFT) average, Miller is a vital part of the battalion’s intramural football and basketball teams. He motivated two Soldiers in his platoon to raise their APFT scores by 25 points and lose a combined 4 percent of their body fat, aiding their physical health and mission readiness.

“The most important quality I feel one should possess to be a good NCO is respect, respect for who you work for, and respect, in turn, for those who work for you,” said Miller, who supervises two Soldiers in the A Co. supply room.

Miller is happy to be a good example to his Soldiers and makes time to help them succeed. He looks out for their well being and counsels them monthly because he had experienced firsthand how it felt to be left on his own with no guidance or mentorship. Miller vowed never to abandon his Soldiers when he became an NCO.

BG Patterson speaks at Signal Corps Regimental Association luncheon

LIANA MAYO
311th Signal Command Public Affairs

FORT SHAFTER — Members of the Army signal community in Hawaii gathered to discuss the challenges of the signal mission and become better prepared to defend the Pacific Land War Net, during a luncheon at the Hale Ikena, here, Oct. 15.

Keynote speaker Brig. Gen. LaWarren Patterson, deputy commander, Network Enterprise Technology Command (NETCOM), spoke to attendees about the increased use of information technology in the Army, and the culture shift that must take place within the signal community in order to keep military information secure.

The 311th Signal Command, headquartered at Fort Shafter, hosted the meeting.

“Why do we not take the accountability and security of our computers as seriously as our weapons and bullets, when they have global implications?” Patterson asked. “While the nation is grappling with concepts involved in cyber attacks, the warfighters have gone digital. They want imagery, and they want it now. We have to provide it, and we have to figure out how to start doing it with less money.”

Patterson commended the 311th Signal Command and its subordinate units for setting standards for the Pacific theater which are utilized by the entire Army signal community.

“Your theater is leading the way in many areas. We have taken a lot of your accomplishments and put them into practice,” Patterson said. “You can’t defend the net without the Pacific.”

Patterson discussed NETCOM’s four-part plan to streamline all signal assets into a cohesive Global Network Enterprise Construct (GNEC). The first part of the plan to achieve GNEC is to identify signal assets. This is anticipated to take two years and is already in progress. The second part is to consolidate and federate, the third is to

standardize, and the fourth is to modernize.

Patterson also described the plan in three tiers of operational goals. The first goal is to establish regional hub nodes. The second goal is to set up network-operations and security centers, and the third goal is to establish area processing centers.

The 311th is continually working toward these goals and has plans to coordinate signal assets in the Pacific to create a consolidated help desk within the next two years. This help desk will provide 24-hour troubleshooting aid for units in Korea, Alaska and Japan.

18th MCT trains for Afghan mission

SGT. RICARDO BRANCH

8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS – The 18th Movement Control Team (MCT) conducted a mission readiness exercise, Oct. 13-16, at the electronic warfare center, here.

The Soldiers are in the validation phase for their team before going downrange in support of ongoing operations in Afghanistan.

“The purpose of this exercise is to get the Soldiers of the 18th MCT prepared for the deployment to Afghanistan some time next year,” said Capt. Alberto Cordova, commander, 18th MCT, 45th Sustainment Brigade. “We are going to handle many of the administrative tasks to coordinate the movement around our area in theater.”

When the unit deploys downrange, they are responsible for providing the movement control of personnel and material, as well as the coordination of bulk fuel and water transportation at pipeline and production take off points.

“In the past, an MCT would usually get stuck on one type of area but not where we’re going – we’re going to do it all.”

Capt. Alberto Cordova

Commander, 18th Movement Control Team
45th Sustainment Brigade

“An MCT can do a lot of things downrange, and this deployment is going to train a lot of the new Soldiers with all the different levels of air and surface transportation,” Cordova said. “In the past, an MCT would usually get stuck on one type of area but not where we’re going – we’re going to do it all.”

During the exercise, the Soldiers were faced with a multitude of challenges for three sections: air, surface and headquarters. Soldiers conquered challenges ranging from simulated attacks on host-nation trucking to inclement weather and even equipment accidents during movement. This training strengthened the team’s ability to react and work around any problems.

“This is giving us a simulation of what to expect,” said Spc. Jerome Acosta, transportation management coordinator, 18th MCT. “This is great because it gives us some experience before we go there. We’ve all done a lot to get to this point, taken many classes, field exercises and ranges ... this exercise is our test for the entire team.”

Cordova, who took command a few days prior to the exercise, is confident in his Soldiers’ abilities to perform downrange after seeing how they operate as a team.

7th EDT helps restore reef off Kwajalein Atoll

DAISY C. BUENO

8th Theater Sustainment Command Public Affairs

FORT SHAFTER – Members of the 7th Engineer Dive Team (EDT) restored and rehabilitated a coral reef off Kwajalein Atoll.

The thirteen members returned, Oct. 6, from a 27-day mission to fix a coral reef that was damaged by a routine underwater bomb detonation.

“Kwajalein was a strategic point during World War II, and it is still used for missile testing and other operations,” said Staff Sgt. Bryan Haldeman, diving supervisor, 7th EDT. “As part of an upgrade project, a fiber optic cable was going to be put into place in order to improve Internet connectivity throughout the island.”

When the workers were drilling into the coral for placement of the cable, they found a 500-pound bomb and several 5-inch shells from World War II.

Kwajalein Range Services’ (KRS) environmental department contacted the 7th EDT to detonate the bomb, but since the dive team is not an explosive ordnance detonation (EOD) unit, they would have only been qualified to place a charge on the bomb and blow it in place. Due to environmental concerns, this was not possible.

A Navy EOD unit was selected to detonate and dispose of the munitions. The Navy unit moved the bomb from the main point in the reef to a more desolate, less dense coral field to discharge the bomb.

Despite efforts to isolate the discharge as much as possible, there were several broken pieces of coral and debris left on the ocean floor. This caused a new problem as broken coral washes around with the tidal flow, threatening the surrounding live coral.

KRS contacted the 7th EDT again, but this time to restore and rehabilitate the reef.

In order to prepare for the mission, the 7th EDT conducted buoy-



Staff Sgt. Bryan Haldeman | 7th Engineer Dive Team

Spc. Jeremy Bays and Pfc. Robert Russell, both with 7th Engineer Dive Team, transport coral during a reef restoration and regeneration project in Kwajalein Atoll, Sept. 10–Oct. 6.

ancy compensator and lift bag training at Coconut Island in Kaneohe Bay.

“Buoyancy training is important because when we work on a coral reef, we can’t stand on the ocean floor,” Haldeman said. “We needed to be hovering over the (reef) while restoring (it).”

For the buoyancy training, the divers built containing cages to collect and move the coral. They attached bags to the cages, took the cages down to the bottom and neutralized them, and then swam around to get used to adjusting the

buoyancy. Once the divers got comfortable with the empty containers, they put a 100-pound weight inside the cage to simulate the weight of several pieces of coral.

“The lift bag is something that throws a lot of guys off because of the difficulty with buoyancy,” Haldeman said. “A lot of times cages go floating to the surface because (the team) is not compensating enough ... (our) divers were all real competent on that. I was really glad they got this kind of training this early in their career.”

The diver team arrived on Kwa-

jalein, Sept. 10, and met with their Army sponsors and National Oceanic and Atmospheric Administration (NOAA) officials. The team began its reef restoration mission by laying down lines and piles of coral debris along the ocean floor. To protect the reef from further damage, the divers then shifted the piles to a larger holding area, where they later separated the good coral from the bad coral. When that was completed, they cemented the live coral back into the reef to help rehabilitate the area.

“We scraped a biofilm off the live coral, and then we scraped a biofilm off the area of the reef where we plan to place the coral,” Haldeman said. “We then sent buckets down with concrete, and we cemented the good coral into place.”

The divers completed two dives a day, ranging from 18-60 feet during this mission. For six of the team members, this was their first diving operation.

“This was a decent first mission; I think I was kind of spoiled getting to dive a beautiful island right out of school,” said Pfc. Andrew Damon, diver second class, 7th EDT. “My favorite part was the coral relocation and getting to work with the environmental guys. It was great to see how they worked, compared to how we work.”

In addition to the reef restoration, KRS asked the dive team to inspect two piers, Echo pier on the Island of Kwajalein and the Fuel pier on the Island of Roi. Members of the 7th EDT provided information on where the piers stand, how they can be repaired, and a timeline for repair.

This was not the first time the 7th EDT worked in Kwajalein. In July 2006, they imploded a 75-room building known as the Pacific Bachelor Quarters, which was originally built in 1952. It was the first time on record that the Army used a controlled and precision blast to take down a specific building, leaving everything else around it intact.

8th TSC volunteers rewarded for dedication to service

Story and Photo by
SGT. MAJ. TERRY ANDERSON
8th Theater Sustainment Command Public Affairs

ALIAMANU MILITARY RESERVATION – Olympic gold medalist and former heavyweight boxing champion Muhammad Ali once said “service to others is the payment you make for your space here on earth.”

Ten 8th Theater Sustainment Command (TSC) spouses and Soldiers took those words of wisdom to heart and were rewarded for their efforts by Brig. Gen. Michael J. Terry, commanding general, 8th TSC, during the 8th TSC Volunteer of the Quarter ceremony, here, Oct. 15.

“In every command I’ve been in, I seek out those folks that give of themselves and don’t want to be recognized,” Terry said. “(These volunteers) don’t do it for fame or for profit. They do it because they want to serve others, and it is the right thing to do.”

Tammy Ray, a mother of two and wife of a deployed Soldier, volunteered her time as a “key caller” in the 561st Engineer Company family readiness group (FRG) and at the local YMCA, receiving the Lokahi Award for her efforts. Ray’s duties included calling the families in the FRG each month, keeping



Brig. Gen. Michael J. Terry, center left, commanding general, 8th Theater Sustainment Command (TSC), presents the Lokahi Award to Tammy Ray, center, 561st Engineer Company, 84th Engineer Battalion, Oct. 15, at the Aliamanu Military Reservation community center. Also pictured are: Cathy Terry, far left; Command Sgt. Maj. Roger Bynoe, center right, 8th TSC; and Jackie Duncan, far right.

them informed of all company activities during the unit’s 12-month deployment, and scheduling and coordinating activities at the YMCA.

This was the third deployment in the last seven years for Ray and her husband, Staff Sgt. David Ray. Ray drew on her experiences during previous deployments to guide and mentor less experienced spouses in the company.

“I think my experience as an Army wife, going through two other deployments, helped me answer other spouses’ questions,” Ray said. “I can tell them if they don’t hear from their husband every day it’s OK; if you go a week without hearing from him, it’s OK. I think those things reassured them.”

The 561st Eng. Co. returned from Iraq, July 4. The Soldiers performed construction projects on 20 bases throughout Diyala and Salah ad Din Provinces and assisted the newly formed Iraqi Civil Service Corps, improving con-

- Awardees included:**
- **Ali'i Award**
Katherine Ebersole, 523rd Engineer Company, 84th Eng. Battalion
Mary Ann Redd, 558th Military Police (MP) Co., 728th MP Bn.
 - **Lokahi Award**
Willette Gore, 552nd MP Co., 728th MP Bn.
Tammy Ray, 561st Engineer Co., 84th Eng. Bn.
 - **Yellow Ribbon Awards**
Shanna Comparato, 125th Finance Bn.
Melissa Parnell, 34th Sapper Co., 130th Eng. Brigade
Pfc. Jonathan Ridenour, 125th Finance Bn.
Staff Sgt. James Speegle, 524th Combat Sustainment Support Bn., 45th Sus. Bde.
 - **Civilian/Retiree Award**
Jennifer Clifton, 45th Special Troops Bn.
 - **Youth Award**
Victoria Kealii Alejandro, 84th Eng. Bn.

you can, you’ll never imagine where your talents will pay off until you get out there and see what’s available.”

Safety center’s peer to peer video competition offers \$2,000 prize

U.S. ARMY COMBAT READINESS SAFETY CENTER
News Release

FORT RUCKER, Ala. – The U.S. Army Combat Readiness (USACR)/Safety Center is calling all Soldiers to put their best safety stories on camera for the chance to win \$2,000 as part of the peer to peer safety video competition.

“The power of peer influence, especially among our Soldiers, is truly something we need to harness to help us prevent accidents and save lives throughout our Army,” said Col. Scott Thompson, USACR/Safety Center deputy commander. “The peer to peer video competition puts our Soldiers center stage so they are able to share their own messages directly with their peers and, through that sharing, possibly save a life.”

The peer to peer competition, which is open through April 30, 2010, encourages Soldiers to make short videos highlighting off-duty safety

topics including, but not limited to, driving, privately owned weapons, motorcycles and sports activities. The video may be up to three minutes in length and, when complete, should be posted to the USACR/Safety Center Web site to be entered in the competition. Submitted videos will be judged based on concept, effectiveness of the message, and creativity.

“This competition challenges Soldiers to personalize safety messaging and pick topics that have meaning for them and their peers,” said Dr. Patricia LeDuc, USACR/Safety Center Human Factors Task Force director and peer to peer competition facilitator. “A good video captures your attention, evokes emotion and makes you think.”

This year, the Safety Center has joined forces with the Better Opportunities for Single Soldiers (BOSS) organization to make the second year of the competition bigger, better and more accessi-

ble than ever. LeDuc said the partnership with BOSS is a great move as the center works to expand the video competition to reach all corners of the Army.

“Our partnership with BOSS is what makes the \$2,000 prize possible and, because of this great prize, we anticipate that more Soldiers are going to want to make great videos to share with their fellow Soldiers,” LeDuc said. “More Soldiers mean more great videos that will spread important safety messages across our Army.”

Spc. Marsha Millikin, the 2008 winning video team leader, said her group from 1st Battalion, 7th Air Defense Artillery Regiment, submitted their candid and often amusing video on privately owned weapons and drug abuse to help fellow Soldiers see that safety can be fun.

“We wanted everyone who watched our video to understand the importance of living with hu-

mor, working with safety in mind, and always being aware of your surroundings,” Millikin said.

Thompson said he knows that every Soldier has a favorite “there I was story” and is encouraging all troops to take the time to put their story on video to help spread important safety messages.

“During my career, I have come across many Soldiers who are fantastic story tellers, and I am looking forward to seeing what great safety stories our troops are going to tell during this competition,” Thompson said.

A list of rules and video submission guidelines for the peer to peer competition is available at <https://safety.army.mil/videocompetition>. Examples of videos submitted during 2008’s competition can be viewed on the Safety Center’s YouTube page. Visit <https://safety.army.mil> and click on the YouTube icon at the bottom of the page.

News Briefs
Send news announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

23 / Today
Schofield Occupational Health Clinic Closure — The Occupational Health Clinic at Schofield Barracks is temporarily closed through Dec. 13 due to personnel deployments and service upgrades.

Services will be centralized at the Tripler Army Medical Center (TAMC) Occupational Health Clinic. For deployment, pre-employment or commercial driver's license physicals, call: Occupational Health Clinic, 433-6835 or Joanna Ling at 433-5703.

For annual occupational medical surveillance exams (asbestos, child care provider, respirator use) call the Tripler Occupational Health Clinic at 433-6835, if exams cannot be postponed until after Dec. 13.

For health screenings of new personnel, students, contractors, and American Red Cross volunteer in-processing, please report to the Tripler Occupational Health Clinic on Mondays or Wednesdays, 8-11 a.m. Call 433-6835.

28 / Wednesday
WASP Temporary Closure — All units requiring munitions support for training during early November need to draw their required ammunition by Oct. 28 because the Wheeler Ammunition Supply Point (WASP) will be closed Nov. 2-6 for quarterly inventory.

The Training Ammunition Vehicle Holding Area will be available for munitions storage during this time.

Emergency issues will be handled on a case-by-case basis and must be approved by Armell Armstead, Directorate of Logistics (DOL) Munitions Accountable Office, at 656-1649 or 226-8441; or by the the DOL supply branch chief, John Gearhartat, at 656-0817 or 227-2760.

29 / Thursday
ASAP Briefs — The Army Substance

Abuse Program (ASAP) is hosting the following presentations on substance abuse:

- “Get Hooked On Drug Awareness,” Oct. 29, 1-3 p.m., at the Fort Shafter Flats Assembly Hall, Building 1554. Attendees will receive the most current information on drug use in Hawaii and the mainland, the effects of illegal drugs on users and the community, and the behaviors associated with drug use. Call 438-1600, extension 3481.
- John Miller, ASAP prevention coordinator, will brief substance abuse Nov. 5, 1-3 p.m., to event attendees at Richardson Theatre, Fort Shafter.

These presentations each satisfy two of the four hours of a unit's annual alcohol and drug awareness training and the Department of the Army civilian two-hour requirement. Soldiers call Tracy Powell, Prevention Education, at 655-8322 for information. Civilians call Cathy Heflin, Employee Assistance Program, at 655-6047 for information. Please notify ASAP at 655-9113, 10 days in advance, if interpretive services are needed.

Parking is limited, so please consider carpooling.

November
3 / Tuesday
Macomb Gate and Road Closure

— Macomb Gate and Macomb Road will be closed, Nov. 3-5, 8 a.m.-3 p.m., for the installation of holiday decorations and roadway repair work. Drivers are encouraged to use McNair or Foote gates. At the Flagler Road and Waianae Avenue intersection, two-lane traffic on Flagler will merge into one lane. Two-lane traffic on Waianae Avenue will also merge into one lane. For more information, call 655-1308.

Native American Heritage Observance — The 2nd Stryker Brigade Combat Team, 25th Infantry Division, is hosting a Native American Heritage Month observance, Nov. 3, 10:30-noon, at Sgt. Smith Theater, Schofield Barracks with guest speaker Chief Redhawk.

Experience traditional dances and see artifact and educational displays while celebrating the contributions Na-



Bill Mossman | Staff Writer

No pressure
FORT SHAFTER — Staff Sgt. (Ret.) Francisco Perez, left, has his blood pressure checked by Col. Mike Sigmon, chief of Preventive Medicine, Tripler Army Medical Center, during the annual Retiree Appreciation Day (RAD), Saturday, at the Hale Ikena, here. Perez, who was last stationed at Schofield Barracks prior to retiring in 1974, was one of the dozens of retirees and surviving spouses who took advantage of the free medical check-ups offered at this year's RAD.

tive Americans have made to strengthen the spirit of the nation.

K-Quad dining facility will offer a Native American menu for lunch, in conjunction with the observance. Contact Master Sgt. Ado at 655-6244.

19 / Thursday
Redeployment Ceremony — The 25th Infantry Division will host a redeployment ceremony Nov. 19 starting at 10 a.m., at Sills Field, Schofield Barracks. Division Soldiers recently redeployed in support of Operation Iraqi Freedom will be

formally honored. For more information contact the U.S. Army Garrison-Hawaii Public Affairs Office at 656-3157. This ceremony will impact installation traffic with the temporary closure of a portion of Cadet Sheridan Road, from Kolekole Avenue to Trimble Road.

“A Tropic Homecoming,” redeployment celebration is scheduled, Nov. 19 starting at 4 p.m. at Sills Field, Schofield Barracks. The USO sponsored event will feature a free concert by country music star Lee Ann Womack. Check back for more details.

Improvements: Upgrades include increased staff, beds

CONTINUED FROM A-1

receive medical attention from a doctor, physician's assistant (PA) or nurse within the first 10 minutes of entering the historic coral-pink hospital.

"We've been able to reduce the time people are initially seen, worked up and admitted," said Navy Capt. Ken Kelly, chief of the emergency department, TAMC. "It's a significant improvement. I don't think you are going to find an ER across the country that can beat our time."

In many ways, the decision to initiate the 10-minute triage, the method by which patients are sorted according to the severity of their illnesses, has come in response to the growing number of people visiting emergency rooms across the nation. At Tripler, for example, the ER accounted for more than 42,000 visits, or a monthly average of 3,500 patients, in 2008.

"To be seen and greeted in as safe and expeditious a manner as possible," noted Kelly, is of paramount importance to improving relations between Tripler's ER and its patients, the majority of which are either active-duty or retired service members, and their families.

"Our military folks are a pretty hardy group," Kelly explained. "They've been dragged all over the world, and had their kids yanked out of

schools every couple of years to be plugged into another community. They understand what it's like to have to suck it up and stand in long lines.

"Still, you can make that hardy group frustrated beyond their limits if their wait exceeds a reasonable amount of time," Kelly added.

Thanks to the triage program, as well as a number of other upgrades in service made at the ER during the last 18 months, the days of exasperated patients appear to be over.

With the military adding more than \$6 million to improvements in manpower, equipment and technology, TAMC has become the standard in ER efficiency and quality patient care throughout the Pacific.

New hires have been added to the existing staff — 60 percent of whom are civilians, and a group Kelly fondly refers to as "the backbone of our community" — since the beginning of the year. This group includes nurses and dispatchers, who serve as vital communication links to the City and County of Honolulu Emergency Services System. In addition, seven new PAs have been hired for the Gold Team acute care area, where triage patients are treated.

TAMC has also become a test site for a new computer system documenting patient procedures, such as tracking medications prescribed and medical



Don Robbins | Staff Writer

Navy Capt. Ken Kelly, chief of the emergency department at Tripler Army Medical Center, checks out some equipment in the emergency room.

history. As a result, the ER now makes electronic follow-up appointments for patients.

"This is huge for us," said Kelly, adding that the ER can now review

patient statistics and track treatment goals, "so we can go back and see how well we're doing."

And, as an added convenience, ER patients will soon enjoy the benefits of

a wholly dedicated pharmacy, once it opens for service later this year.

"The pharmacy will not only help us get people out the door quicker, but it will also help our nurses," explained Kelly. "Previously, our nurses had the responsibility of making sure a patient's medicine was properly mixed. Soon, our pharmacy techs will handle that responsibility, freeing up our nurses to do what they do best, which is care for our bedside patients."

Kelly said the emergency room also features a newly built and staffed clinical decision unit (CDU), an area dedicated for particularly ill patients. Currently, the CDU has four beds, although that number is expected to double in the coming months, he added.

Other notable new services include bedside registration, so patients aren't delayed before treatment; and \$5 valet parking, so patients can be seen quickly regardless of the availability of open parking in the ER lot.

With other services on the horizon, including opening a satellite lab and expanding the waiting room, these are exciting times as Tripler's ER expands its patient-care coverage by casting what Kelly calls "a safety blanket over our entire community."

"Getting this facility up to speed remains our priority," he said. "We want our patients to feel the difference in convenience and safety."

Army works toward suicide prevention through training

WAYNE V. HALL
Office of Chief of Public Affairs Media Relations

WASHINGTON — The Army released suicide data for the month of September, Oct. 8, announcing seven potential suicides among active duty Soldiers.

One death has been confirmed as a suicide, and the other six are pending determination of the manner of death.

For August, the Army reported 11 potential suicides among active duty Soldiers. Since the August report, four have been confirmed as suicides, and seven remain under investigation.

There were 117 reported active duty Army suicides from January-September 2009. Of those, 81 have been con-

firmed, and 36 are pending determination of manner of death. For the same period in 2008, there were 103 suicides among active duty Soldiers.

During September 2009, among reserve component Soldiers who were not on active duty, there were seven potential suicides. Among that same group, from January-September 2009, there were 35 confirmed suicides. Twenty-five potential suicides are currently under investigation to determine the manner of death. For the same period in 2008, there were 40 suicides among reservists who were not on active duty.

Throughout the past year, the Army has engaged in a sustained effort to re-

duce the rate of suicide within its ranks. This effort has included an Armywide suicide prevention stand-down and chain teach for every Soldier; the implementation of the Army Campaign Plan for Health Promotion, Risk Reduction and Suicide Prevention; the establishment of a Suicide Prevention Task Force and a Suicide Prevention Council; a long-term partnership with the National Institute of Mental Health to carry out the largest-ever study of suicide and behavioral health among military personnel; and more than 160 improvements to Army suicide prevention policies, doctrine, training and resources.



Find out more from Military OneSource at www.militaryone.com or 1-800-342-9647.

something wrong,” said Brig. Gen. Colleen McGuire, director, Army Suicide Prevention Task Force. “Soldiers will be willing to do that if they know help is available, if they believe there is no stigma attached to asking for that help, and if they are certain that Army leaders remain absolutely committed to the resiliency of our entire Army family.”

Soldiers and families in need of crisis assistance should contact Military OneSource or the Defense Center of Excellence (DCOE) for Psychological Health and Traumatic Brain Injury Outreach Center. Trained consultants are available from both organizations 24 hours a day, seven days a week, 365 days a year.

Award: NETCOM recognizes capability

CONTINUED FROM A-1

fighters in the Pacific theater by providing communications packages.

The maintenance teams of both HHC and C Co. were able to sustain high-quality programs, despite the high operational tempo of the unit. During this time, the Soldiers supported seven off-island exercises, including Cobra Gold in Thailand and Balikatan in the Philippines. They also supported several on-island exercises, all while testing and fielding numerous components of new signal equipment.

“We were able to maintain our program because of the support we received from our chain of command, the 516th Signal Battalion and the 311th Signal Command, and the dedication and capability our Soldiers,” said Staff Sgt. Clifton Archibald, motor sergeant, C Co., 307th ITSB “Everyone was able to work as a team, which allowed us to accomplish our mission.”

Despite the many changes and challenges experienced by the 307th during the past three years, the Soldiers of these two maintenance teams took ownership of the assets available to them and developed programs that earned NETCOM recogni-

tion, and ultimately the opportunity to compete at the DA level for the Army Award for Maintenance Excellence.

The unit will submit a packet that highlights unit accomplishments and capabilities, for consideration.

All packets will be thoroughly examined by a review board, which meets Jan. 5-16, 2010. Units whose packets are chosen as potential winners will be inspected between Feb. 17-March 31, 2010, to confirm eligibility. DA winners will be announced April 8, 2010. An awards ceremony in Washington, in June 2010, will recognize winners and runners-up.

Tsunami: Coordination provided aid

CONTINUED FROM A-1

USARPAC, Contingency Command Post and JTF-HD Chief of Staff. “We tasked them with standing up the operations center in a very short period of time and pushed them daily with difficult missions - and they excelled.”

The JTF-HD staff communicated daily with the various elements across the joint operations area including the defense coordinating element on ground in Samoa, FEMA representatives in Washington D.C. and Oakland, Calif., the Navy, the Air Force, the Marine Corps, the Coast Guard, elements of the Hawaii National Guard in Samoa and more.

“It was a total team effort,” added Lau, who was impressed with all the services involved in handling the challenging situation.

JTF-HD also deployed members to American Samoa.

“We sent two people downrange on the



Maj. Stanley Garcia, left, Joint Task Force Homeland Defense operations officer, confers with Lt. Col. Roger Groll, 9th Mission Support Command, during the recent American Samoa Earthquake/Tsunami disaster relief effort.

very first day,” said Maj. John Parrish, executive officer, JTF-HD. “We sent (them) to American Samoa to assess damage, con-

duct analysis and act as a liaison to the defense coordinating officer and National Guard unit.”

Texting: Army, state policies are the same

CONTINUED FROM A-1

road, according to Dave Brown, law enforcement branch chief, USAG-HI.

“Drivers need to remain cognizant while driving and maintain situational awareness while in control of a vehicle,” Brown added.

The State of Hawaii and USAG-HI have similar laws and policies already in place that restrict the use of cell phones or electronic devices while driving.

According to military police (MP) records, between January 2008-October 2009, military police issued 43 citations for violation of the USAG-HI cell phone policy across the 22 Army installations in Hawaii.

“Some may think the enforcement of cell phone laws is difficult, but we continue to remain observant and vigilant on patrols and cite people who violate the cell phone policy,” Brown said. “We also keep the public informed and educated on these current policies.”

Effective July 1, the State of Hawaii initiated a law prohibiting the use of mobile electronic devices while operating a motor vehicle. The law’s purpose is to make Hawaii roadways safer for motorists, pedestrians and bicyclists. The fine for a first time offense is \$67, according to the Honolulu Police Department.

Although many of these policies overlap, combined, all of these regulations and policies promote safety on roads and highways and emphasize the potential serious consequences of texting while driving.

Family members carefully thread plumeria flowers through a long needle and onto strings to make lei during a Hawaiian cultural demonstration at the Sgt. Yano Library in May. In June, the library also hosted a hula workshop.

Family members practice techniques on land at Pokai Beach before attempting to paddle on a stand-up paddleboard in the water, during lessons in April. Outdoor Recreation's Summer Ocean Splash class gives participants an opportunity to learn four water sports in one day.

USAG-HI

recreation programs recognized as best in Army

JACK WIERS

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii (USAG-HI) already has the most geographically diverse recreation program in the Army, ranging from Helemano Military Reservation in the north to Fort Shafter in the south, and now it has the best.

Family and Morale, Welfare and Recreation's (FMWR) Community Recreation Division (CRD) emerged as armed forces and national recreation leaders during the weeklong National Recreation and Park Association (NRPA) conference in Salt Lake City, Oct. 12-16, receiving an unprecedented number of awards and honors for its programs.

Outstanding Army Recreation Program

Among the awards, the USAG-HI CRD was recognized as the 2009 Outstanding Recreation Program for a large installation shining a new light on a program already gaining momentum.

"We felt we were pretty good, but having this type of recognition from the outside validates it," said Ron Locklar, director, CRD.

And if awards weren't enough validation, the USAG-HI CRD program also received the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), officially joining a select group that includes only four other military installations with that elite designation worldwide and the first for any branch of service in Hawaii.

"To our knowledge we are the first-ever applicant to satisfy all 146 standards during the accreditation site visit," said Locklar.

"We have thirty front door facilities operated by a staff of 250," added Locklar, who supervises the area of recreation.

"Hawaii is a treasure of recreational opportunities — it's limitless," he added.

During the last three years, the community has witnessed an explosion of new special events and festivals, ranging from the quirky Dog Days of Summer, to cultural events like lei making and hula dancing. Customers have also seen a surge in new unique programs to include, outdoor recreation activities such as stand-up paddleboarding,



Photo courtesy of Family and Morale, Welfare and Recreation

Members from the U.S. Army Garrison-Hawaii (USAG-HI) Community Recreation Division (CRD) display awards received during the National Recreation and Park Association conference in Salt Lake City, Oct. 12-16. From left to right: Col. Matthew Margotta, commander, USAG-HI; Kelly Andrews, marketing assistant; Kathy Giannetti, chief, Recreation Delivery Services; Ron Locklar, chief, CRD; Matt Enoch, manager, Tropics Recreation Center; Conor Joyce, chief, Outdoor Recreation; and Alicia Enoch, recreation specialist.

Hawaiian net fishing, and out-of-the-box mindfulness activities such as Tai Chi and Feng Shui.

Creative program initiatives, along with significant facility upgrades, were highlighted during the award application process.

Outstanding Army Recreation Center

In addition to the CRD program recognition, the Tropics Recreation Center at Schofield Barracks was recognized as the 2009 Outstanding Army Recreation Center for a large installation.

In an effort to better tailor activities for the community, FMWR staff developed new programming utilizing recent worldwide focus group research.

By offering more free video and interactive games and special events, such as Family Fun Fridays, Tropics Triathlon, Rock Band Rumble, monthly beach volleyball tournaments and Better Opportunities for Single Soldiers (BOSS) events, the facility emerged as a template for a Soldier-preferred "Warrior Zone" entertainment center.

"The transformation of the Tropics is a real cornerstone of what we wanted to accomplish with our recreation program," said Col. Matthew Margotta, commander, USAG-HI, "... a facility that

reflects the preferences of young Soldiers and family members."

The emergence of new recreation programs also increased Soldier participation installationwide, contributing to an additional 15 individual FMWR Command Festival of the Performing Arts Awards, including first place to the BOSS Variety Program.

Armed Forces Recreation Society Recognition

During the weeklong activities in Salt Lake City, the worldwide Armed Forces Recreation Society made up of professionals from all branches of service, also recognized USAG-HI recreation programs with five awards, including the Commander's Award to Margotta.

"Colonel Margotta has been an unwavering champion for CRD initiatives and someone we can always

count on for support," said Gordon Takeshita, director, FMWR.

"He has been (such) an advocate for our programs and our vision," Takeshita added, citing Margotta's support in overcoming fitness center funding and location obstacles during the past year.

Through garrison team efforts, the Outdoor Recreation Program (ODR) has been transformed with new equipment, activities and classes. Conor Joyce, program manager, ODR, and Matt Enoch, program manager, Tropics Recreation Center, each received awards as Outstanding Young Recreation Professionals.

The FMWR marketing department's Tim Pugh and Kelly Andrews were also cited for exemplary support of CRD.

Locklar said the team plans to stay at the top of their game, even with programs now sporting the title "Best in Army" and the CAPRA accreditation.

"(The recognition) doesn't change our focus, which is serving Soldiers and family members, but it does mean we are one of the most fundamentally sound programs in the Army," he added.



Right — Lena Waddle takes the stage with her Pomeranian, Lucky, during the Family and Morale, Welfare and Recreation Dog Days of Summer event in August.

Photos by Amy L. Bugala, Molly Hayden and Don Robbins, U.S. Army Garrison-Hawaii Public Affairs

FMWR marketing receives quality of life award for communication excellence

Organization recognized for employing new technologies to promote quality of life programs

U.S. ARMY GARRISON-HAWAII PUBLIC AFFAIRS

News Release

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii's Family and Morale, Welfare and Recreation (FMWR) Marketing Department captured the Secretary of the Army's Quality of



Visit FMWR on Twitter at www.twitter.com/FMWR_Eddie and on facebook at www.facebook.com (search for FMWR Army Hawaii and the Hawaii Blue Star Card program).

Life Award for communications excellence, contributing to FMWR's award-filled October. Secretary of the Army John McHugh presented the award to Debra Zedalis, director, In-

stallation Management Command, Pacific Region, along with FMWR marketing assistants Kelly Andrews and Sarah Chadwick, Oct. 7, at the Association of the United States Army (AUSA) annual meeting and exposition in Washington.

The marketing department was recognized, in part, for employing a variety of new technologies in their marketing efforts, including

Twitter and Facebook.

Additionally, the department greeted every redeploying Soldier from the 2nd Stryker Brigade Combat Team with a fresh flower lei and "Rediscover Hawaii" campaign information at all homecoming ceremonies, in an effort to welcome and reintroduce FMWR quality of life programs to both Soldiers and family members.

facebook

twitter



24 / Saturday

Scuffle on Schofield Meet & Greet

— Stop by the Tropics, Schofield Barracks, Oct. 24, beginning at noon for a meet and greet with Chris Lieban and some of the best local mixed martial arts (MMA) fighters around.

Autographs and freebies will be given away during your chance to scope out the competition before the next “Scuffle on Schofield,” scheduled Nov. 7. For more information, call 655-5698.

28 / Wednesday

BSC Fall Photos — Blue Star Card

(BSC) holders are invited to bring their children to a costume party, Oct. 28, 3 p.m., at Sgt. Yano Library, Schofield Barracks. BSC holders can stop by for a special fall photo frame between 3-4 p.m. Register for your photo frame by Oct. 23 via e-mail at sarah.chadwick@us.army.mil or call 656-3327.

29 / Thursday

Digital Photography Workshop —

Learn the basics of digital photography and photo editing, Oct. 29, 10 a.m.-noon, at the Schofield Barracks Arts and Crafts Center.

Learn how to capture the best shots possible with your digital camera. Cost is \$50 per person. Call 655-4202.

30 / Friday

Hawaiian Luau at PARC —

Experience old Hawaii at the Piliiaa Army Recreation Center (PARC) June, Oct. 30, 6 p.m., on the Sunset Café lanai. Parties of four or more should call to reserve seating at 696-4778. Blue Star Card holders receive a 10-percent discount.

Mark your calendars for the next luau scheduled to take place, Nov. 13 and 27, and Dec. 11. PARC is open to all active and retired military, members of the Reserve and National Guard, and active and retired Department of Defense civilian employees, including Coast Guard, family members and sponsored guests.

Waikiki Express —

The Waikiki Express rides twice this weekend, Oct. 30 and again for Halloween, Oct. 31, 9 p.m.-4 a.m. Let the Family and Morale, Welfare and Recreation Waikiki Express be your own personal chauffeur for traveling to Waikiki.

The bus is free, but tickets are required and available at the Information, Ticketing and Registration (ITR) offices. All riders must have a ticket to board the bus. Pick-ups are available at both Schofield



Send announcements to
community@hawaiiarmyweekly.com

23 / Today

Furlough Fridays Survey —

To assist Army families affected by the Hawaii Department of Education Friday furlough schedule, U.S. Army Garrison-Hawaii requests your participation in the planning process to determine demand for Army student services during furlough periods.

Visit www.garrison.hawaii.army.mil, click on the Furlough Fridays link on the left, and make your input count in a short, online survey. The survey will be available through Oct. 28. Call 438-2647.

Green Aloha Concert —

The City and County of Honolulu and Henry Kapono, “The Wild Hawaiian,” will host a free concert, today, 5:30 p.m., at “Walls,” across from the Waikiki Zoo.

The event kicks off with a food festival and information booths on recycling, storm water, urban forestry and wastewater.

Entertainment provided by Henry Kapono, Amy Hanaialii, Sistah Robi, Jasmine Trias, Slam Poet Kealoha, Kanny Endo on taiko drums, Kaleo Pilianna and The Kings Guard. Call 643-2337.

Hawaii International Film Festival

— The Hawaii International Film Festival (HIFF) is scheduled Oct. 15-25, at the Dole Cannery Regal 18 Theaters (735 Iwilei Rd.) HIFF is the largest “East Meets West” festival in the U.S., screening hundreds of films every year from countries across the globe. For tickets and a film schedule visit www.hiff.org.

24 / Saturday

Seasonal Flu Shots —

Seasonal flu immunizations will be administered at all exchange sites listed, from 9 a.m.-2



Sgt. Maj. Terry Anderson | 8th Theater Sustainment Command Public Affairs

Lisa McCaffrey, second from left, senior family readiness group advisor, 2nd Stryker Brigade Combat Team, stands with Honolulu Mayor Mufi Hannemann, center, during last year’s presentation of the U.S Navy League Key Spouse Award. McCaffrey was one of eight spouses from all service branches to receive the award. Nominations for 2009 are being accepted through Oct. 28.

Army seeking nominees for Key Spouse Award

U.S. ARMY GARRISON-HAWAII ARMY VOLUNTEER CORPS

News Release

SCHOFIELD BARRACKS — U.S. Army-Hawaii is looking for nominations for the 2009 Military Key Spouse Award now through Oct. 28.

Annually, the U.S. Navy League-Honolulu Council honors a military spouse from each branch of military service who has provided outstanding support to the community and families of deployed troops. Awardees from each branch of service will receive a \$1,000 check and certificate from the State Legislature and Mayor Mufi Hannemann.

Nominees must have functioned as

Barracks and Fort Shafter. To reserve a seat, call 655-9971 or 438-1985. The bus rides again Nov. 6.

November

3 / Tuesday

Holiday Scrapbooking —

Bring your own supplies and use our tools in this holiday layout challenge, Nov. 3, 6-8 p.m. at the Schofield Barracks Arts and Crafts Center. Cost is just \$5. Project ideas will be supplied or work on your own project. Call 655-4202.

4 / Wednesday

Ukulele Workshop —

Steven Cupchoy will present an informative and entertaining ukulele workshop, Nov. 4, 5:30-7:30 p.m. at Sgt. Yano Library, Schofield Barracks. The workshop will provide basic information on the history of the ukulele in Hawaii and demonstrations

p.m. on the following dates:

- Oct. 24: Hickam Base Exchange
- Nov. 7: Pearl Harbor Navy Exchange (NEX)
- Nov. 13: Pearl Harbor NEX
- Nov. 15: Kaneohe Bay Marine Corps Exchange
- Nov. 21: Schofield Barracks Main-Post Exchange

25 / Sunday

Soldier's Appreciation Breakfast —

The fourth annual Soldier's Appreciation Breakfast will be held Oct. 25, following the 10:30 a.m. Mass, in the Main Post Chapel Annex, Room 212, Schofield Barracks. The free breakfast is held in appreciation of all redeploying Soldiers and their families.

The breakfast is sponsored by the Knights of Columbus councils 14663 (Mililani) and 6302 (Wahiawa) and the St. Damien church community. Call Matt Momiyama, 626-7870, for more information.

28 / Wednesday

Reintegration Readiness Classes —

Be prepared and know what to expect before your Soldier returns. A series of reunion training workshops are being hosted by the 45th Sustainment Brigade, Army Community Service, and Military Family Life Consultants.

- Making Marriage Work after Deployments, Oct. 28, 6 p.m.
- Redeployment Expectations, Nov. 9, 6 p.m.
- Stress Management, Nov. 23, 6 p.m.

Child care is available, but limited. Children must be registered with Child, Youth and School Services to use this service. Call Gerry at 655-0626 for more information. To reserve child care call 655-8628.

November

3 / Tuesday

Ask The Commander Program —

The next “Ask the Commander” commu-

nity television session is scheduled, Nov. 3, 3-4 p.m., at the Schofield Barracks PX. U.S. Army Garrison-Hawaii (USAG-HI) community members are encouraged to ask their questions on camera during an open session.

Questions will be answered by Col. Matthew Margotta, commander, USAG-HI (or his staff), and shared with the community through the installation TV2 channel, the Hawaii Army Weekly newspaper, and the garrison Web site.

Questions for the commander can also be submitted by e-mail, at any time, to askthecommander.usaghi@us.army.mil or online at the “Ask the Commander” mailbox link at www.garrison.hawaii.army.mil.

6 / Friday

Family Fun Friday —

Family Fun Friday is back at the Tropics, Schofield Barracks, Nov. 6, 6 p.m., with free Papa John’s pizza, games and contests the whole family will enjoy. Check out the HDTV Nintendo Wii, PS3 and Xbox 360 games, or play a game of pool, darts, air hockey, table tennis, beach volleyball and much more. Call 655-5698.

7 / Saturday

Scuffle on Schofield: Homebound Heroes —

Enjoy the best mixed martial arts (MMA) fighting Hawaii has to offer with a new and improved “Scuffle on Schofield” event, Nov. 7, at the Martinez Physical Fitness Center. If you saw the last fight, this one is a must-see and bigger than ever.

Undercard matches start at 5 p.m., and the main fights kick off at 7 p.m. Call

655-5698.

10 / Tuesday

Card Making & Rubber Stamping

— Learn new techniques with stamps, inks and more, and make your very own holiday cards, Nov. 10, 6-8 p.m. at the Schofield Barracks Arts and Crafts Center. Just \$10 covers the class and all supplies. Call 655-4202.

Ongoing

Excel, Develop, Grow, Experience

Program — The EDGE! program offers out-of-school opportunities for children and youth to Experience, Develop, Grow and Excel (EDGE!) by participating in cutting-edge art, fitness, life skills and adventure activities.

For more information on monthly programs contact the EDGE! coordinator at 656-0095 or kristine.yasuda@us.army.mil.

the Nehelani, Schofield Barracks.

For more information call 624-5645.

10 / Tuesday

Photographer's Night

— Get behind the lens and experience life from a fish eye’s view, Nov. 10, 6-7:30 p.m., at the Waikiki Aquarium. Professional photographers will assist and offer technique tips to amateur photographers in an after-hours aquarium experience.

Attendees will have an opportunity to have their art displayed on the aquarium Web site. This activity is recommended for photographers ages 16 and up. Cost is \$10 per person or \$8 for Friends of the Waikiki Aquarium members. Pre-registration required. Call 440-9011 or visit www.waquaquarium.com.

12 / Thursday

Hui O Wahine Monthly Luncheon —

Join the south community spouses’ club, the Hui O Wahine, for their monthly luncheon, Nov. 12, 10:30 a.m.-1 p.m., at the Hale Ikena, Fort Shafter. The luncheon will feature a Make it, Fake it, Bake it Basket Auction.

Tickets are \$15 and reservations are required by Nov. 5, 3 p.m. Contact Kelli Underhill at huiereservations@yahoo.com or 888-5754.

To donate baskets, contact Cyndi Gilbert at huivice@yahoo.com or 744-7911, by Nov. 9. For more information visit www.huispirit.com. The Hui O Wahine is an all-ranks club open to all service branches.

Hula Festival —

The 18th Annual Hula Festival will be held Nov. 12-14, at the Waikiki Shell. Doors open at 4 p.m. each day. Hula artists from 16 countries will celebrate everything natural in Hawaiian culture.

Performances, although judged by 21 of hula’s most prestigious keepers of the art, remain a continuous cultural education and spiritual discipline.

Tickets range in price from \$10-\$35 a day, to \$90 for the entire weekend. For more information visit www.worldhula.com.



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu).

AMR:	Aliamanu Chapel
FD:	Fort DeRussy Chapel
FS:	Fort Shafter Chapel
HMR:	Helemano Chapel
MPC:	Main Post Chapel, Schofield Barracks
PH:	Aloha Jewish Chapel, Pearl Harbor
TAMC:	Tripler Army Medical Center Chapel
WAAF:	Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Masses

- Friday, 9 a.m. at AMR
- Saturday, 5 p.m. at FD, TAMC and WAAF chapels
- Saturday, 6 p.m. a Hawaiian-style Mass (May-Aug. only) near the Army Museum (FD)
- Sunday services:
 - 7:30 a.m. at WAAF
 - 8 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday, Wednesday and Friday, 11:45 a.m. at MPC
- Monday-Friday noon at TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m.
- Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Monday, 6 p.m. at PH (Bible Study)
- Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Orthodox Divine Liturgy

- Sunday, 9 a.m. at TAMC

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at FD, FS, MPC, TAMC and WAAF chapels
 - 10 a.m. at AMR and HMR



Call 624-2585 for movie listings or go to aaes.com under reeltime movie listing.



I Can Do Bad All By Myself

(PG-13)

Fri., Oct. 23, 7 p.m.
Thur., Oct. 29, 7 p.m.

Shorts

(PG)

Sat., Oct. 24, 4 p.m.



Whiteout

(R)

Sat., Oct. 24, 7 p.m.

Aliens in the Attic

(PG)

Sun., Oct. 25, 2 p.m.

Sorority Row

(R)

Wed., Oct. 28, 7 p.m.

No shows on Mondays or Tuesdays.

DoDEA awards \$2 million to schools serving Hawaii’s military

DEPARTMENT OF DEFENSE
EDUCATION ACTIVITY

News Release
ARLINGTON, Va. — The Department of Defense Education Activity (DoDEA) Educational Partnership recently awarded a \$2 million grant to the Hawaii Department of Education (HIDOE) aimed specifically at assisting schools that serve families of Schofield Barracks, based on growth projection data.
The grant, awarded through the Promoting Student Achievement at Schools Impacted by Military Force Structure Changes – FY 09 Competitive Grant Program, will focus on enhancing student learning opportunities, student achievement and educator professional development at military-connected schools with projected military student growth between 2007 and 2009 due to force structure changes.
The data is based on a March 2008

report to Congress in which school districts serving 22 military installations were identified and invited to submit a grant proposal.
“This is the first year DoDEA has been able to execute our grant program, and it’s very gratifying to be able to offer assistance to the schools that are educating our military’s children,” said Dr. Shirley Miles, director, DoDEA. “We are looking forward to seeing how the districts implement the programs they’ve developed.”
“At a time when our students and educators so strongly need our support, this grant is welcome news and a reflection of our continued commitment to 21st century education through partnerships with our local Hawaii schools,” said Col. Matthew Margotta, commander, U.S. Army Garrison-Hawaii.
“One of the Army’s former slogans was ‘Be All That You Can Be.’ Our chil-

“At a time when our students and educators so strongly need our support, this grant is welcome news and a reflection of our continued commitment to 21st century education through partnerships with our local Hawaii schools.”

Col. Matthew Margotta
Commander, U.S. Army Garrison-Hawaii

dren deserve that chance, the chance to fulfill their dreams and maximize their potential, and this grant is a step towards making some of those dreams a reality,” Margotta added.
The HIDOE grant will focus on a program called “Thinking Through Science.” The goals and outcomes of the project directly align with HIDOE’s strategic plans, which are to improve student achievement through standards-based education; provide comprehensive support for all students; and continuously improve performance and quality.
The program utilizes the inquiry-based model and active participation of students, as well as the use of technology tools and software.
“We appreciate DoDEA’s collaboration with the HIDOE and grant for the Leilehua Complex science program,” said Patricia Hamamoto, superintendent, HIDOE. “The funds will enhance

student achievement and help promote our goal for a rigorous and engaging standards-based learning environment for students to maximize their potential.”
“Leilehua schools serve the Schofield Barracks community and have a great relationship with the Army,” added Patricia Park, superintendent, Leilehua Complex Area. “The grant will strengthen our current program support for Army families and students, and benefit all students, as well.”
“We thank DoDEA and Dr. Shirley Miles for their continued partnership,” Hamamoto said. “Dr. Miles recognizes the challenges our public school educators face in these fiscally challenging times and is supportive of ensuring a quality education for our children.”
DoDEA’s aim is to enhance the education of military students; however, funds may be used to raise achievement for all students.

Spooktacular festivities and events creep throughout the island

U.S. ARMY GARRISON-HAWAII

News Release
The authorized Halloween Trick or Treat hours for all U.S. Army Garrison-Hawaii areas are 5:30-9 p.m., only, Oct. 31. Children under the age of 10 require an adult escort.
The Directorate of Emergency Services will provide an increased presence in the community during Trick or Treat hours. Military and Department of the Army (DA) civilian police will be working together to enhance safety by handing out Chem-lites to children and ensuring all activities are conducted in a safe manner.
As always, the community should feel free to approach any military or DA police officer with issues or concerns. Residents who do not wish to participate should place a sign or placard on their doors stating, “SORRY NO TRICK OR TREATING HERE.”
The following reminders are provided for parents, guardians and children:
•Parents should advise their children that if no one answers a door after one or two knocks or rings to move on to the next residence.
•Parents should equip their children with a flashlight or a Chem-lite and dress children in light-colored clothing or sew reflectors on dark clothing.
•Parents should brief their keiki to use caution when crossing streets and using crosswalks.
•Keiki must wait for proper traffic signals and look both ways before crossing any street.
•Children must watch for cars turning at intersections and leaving or entering driveways.
•Keiki should stay on the sidewalk, whenever possible. If no sidewalk is available, children should walk on the left side of the road, facing traffic.
•Children should never enter vehicles or homes when invited by a stranger.
Tripler Army Medical Center and the Schofield Health Clinic Radiology Departments will X-ray candies in their radiology reception areas from 7-9 p.m. for eligible patrons.
X-rays will not detect non-metals such as fine particles, liquids, powders and chemical contaminants, and the like. Radiology patients have priority over personnel waiting for candy X-rays.



24 / Saturday
Victorian Horrors – The Mission Houses Museum presents Victorian Horrors, an evening best described as entertaining and downright creepy. Professional actors bring authors Jane Austen, Edgar Allan Poe, Mary Shelly and others back from the dead to read excerpts from their works, Oct. 24, 6:30-9 p.m. Reservations required, cost is \$25. Visit www.missionhouses.org.

25 / Sunday
Ceramic Pumpkin Workshop – Paint and take home a beautiful 7-inch ceramic pumpkin just in time for Halloween, Oct. 25, anytime between 9 a.m. and 3 p.m., at the Schofield Barracks Arts and Crafts Center. Cost is \$25. Call 655-4202.

27 / Tuesday
Costume Contest – Children are invited to come dressed in costume to Fort Shafter Library, Oct. 27, at 3 p.m. Prizes will be awarded for the best costumes for ages 5 and under and 6 and up. This program will also repeat at the Aliamanu Military Reservation (AMR) Library, Oct. 29, at 3 p.m. Call 438-9521.

28 / Wednesday
Costume Party – All princesses, zombies, fairies, ghosts and other fabulous creatures are invited to a costume party Oct. 28, 3-4 p.m., at Sgt. Yano Library. Bring your cameras for photo opportunities in the pumpkin patch. Call 655-8002.

30 / Friday
Halloween Thriller – Aloha Tower Marketplace is hosting a 21 and over “Halloween Thriller” costume contest with a \$1,000 cash prize, plus the wickedest wine-tasting in town, Oct. 30, 6-10 p.m. A dance troupe will entertain with two costumed performances of Michael Jackson’s “Thriller,” and

will teach you the moves, too. Visit www.alohatower.com or call 566-2337.

31 / Halloween
Thriller Halloween Party – The Schofield Barracks Bowling Center will celebrate Halloween “Thriller” style, Oct. 31, 8 p.m.-1 a.m. Wear a costume and receive no charge for shoes. Call 655-0573.

Hallowbaloo Street Fair – Celebrate Halloween in downtown’s Honolulu Culture and Arts District (Nuuanu Avenue), Oct. 31, 5:30 p.m.-2 a.m. at the Hallowbaloo street fair. Enjoy live music, with 15 local bands and local and national DJs representing everything from reggae to indie rock to surf music to gypsy rock to ‘80s pop.
The street festival is free, and a \$10 wristband gets party-goers into six local clubs. Visit www.hallowbaloo.com.

Halloween in Waikiki – Join costumed cuties and masked crazies at the 5th Annual Halloween at the Hyatt, Oct. 31, 9 p.m.-2 a.m., held poolside with a \$1,000 cash prize costume contest, live music and more. Advance tickets cost \$10-\$15. Call 923-1234.

Graveyard Curiosities – Cemetery historian Nanette Napoleon will give a slide show lecture on unique, unusual and curious tombstones from around the world at the Oahu Cemetery Chapel (2162 Nuuanu Ave.), Oct. 31, 7-8:30 p.m.
Admission is \$8 for adults and \$5 for children under 18, students and seniors ages 60 and older. Parking is free, but reservations are required. Call 261-0705.

Bellows Halloween Bash – The Bellows Beach Halloween bash is scheduled, Oct. 31, noon-9 p.m. Families can enjoy a costume contest, haunted house, face painting, magician, kiddie land-variety of bouncers and slides, movies under the stars, and more. Call 259-4112.

SEE HALLOWEEN, B-5

Local Haunted Houses
Haunted House – The Sgt. Yano Library Haunted House will be open Oct. 26-29. It is free and open to all ages, especially children. Come enjoy a spooky good time, 6-7 p.m., on all days. Call 655-8002.
BOSS Haunted House – The Better Opportunities for Single Soldiers program is hosting a Haunted House on Schofield Barracks, Oct. 23-24 and Oct. 29-31, 6-9 p.m. each evening, at Building 2082 (located at the corner of Kolekole and Flagler directly across from Martinez Gymnasium). Cost is \$4 adults and \$2 children.
Haunted Lagoon – Enjoy some Halloween fun and terror with a spooky canoe ride through the Polynesian Cultural Center’s eerie lagoon, and see if the mysterious Laie Lady is searching for you. The Haunted Lagoon features a keiki version of the ride for the entire family and a spookier version for those with braver souls. The rides run daily from 6:30-9 p.m., through Oct. 31.
Tickets for kamaaina are \$15 for adults ages 16 and up, and \$10 for keiki ages five to 15. To make reservations, call 293-3333 or visit www.polynesia.com.
Shockhouse – The most intense haunted house in Honolulu is back this year, Shockhouse, at the Blaisdell Center Arena. Get scared with technical and lighting effects, and prepare to have your senses attacked, Oct. 23-25 and Oct. 28-Nov. 1, 7 p.m.-midnight. Advance tickets cost \$7.50, \$10 at the door. Call 591-2211.
Scare Factory IV – The Windward Mall haunted house offers 13 themed rooms and will be open to the public, Oct. 9-Nov. 1. Hours are Monday-Friday, 6-9 p.m.; Saturday, noon-9 p.m.; and Sunday, noon-5 p.m. Admission is \$10 for adults, \$8 for ages 5-17, and children 4 and under are free. Visit www.windwardmall.com or call 235-1143.



Health care workers first to get H1N1 vaccinations at Tripler

TRIPLER ARMY MEDICAL CENTER

News Release

HONOLULU – Tripler Army Medical Center (TAMC) civilian staff members who provide direct care to the military community were the first to receive the H1N1 influenza vaccine, here, Oct. 20.

TAMC is vaccinating these healthcare providers with the several hundred doses of the vaccine it received last week, from its share of the state of Hawaii's first shipment of the H1N1 vaccine supplies.

The Department of Defense (DoD) is expected to distribute its supplies of the H1N1 vaccine for the majority of active duty military population in Hawaii, in late November.

"Military mission readiness drives DoD's priorities," said Col. Michael Sigmon, chief of preventive medicine for TAMC and the Army's Pacific Regional Medical Command.

Sigmon said that the DoD decided who gets vaccinated first, based on the potential health risks of H1N1 on military readiness.

"DoD's first priority are those now deployed overseas, those about to deploy, and those who are joining the military and who must live together and train together intensely for extended periods of time," Sigmon said.

He also said that large shipments of the vaccine to serve Hawaii's active duty population may arrive later in the year than was planned.

At this time, all military medical clinics are receiving their allocation of the H1N1 vaccines from the state, also intended for the military family and civilian personnel populations they serve. All clinics are also following the Hawaii Health Department and the Centers for Disease Control and Prevention (CDC) priorities in administering the H1N1 vaccine.



Jan Clark | Tripler Army Medical Center Public Affairs

Charles Rosenau, dermatology licensed practical nurse, receives the H1N1 influenza vaccine from Spc. Tiffany Boynton, healthcare specialist, Allergy and Immunization Clinic, Tripler Army Medical Center.

The CDC has adopted the recommendation of its Advisory Committee on Immunization Practices (ACIP). The committee, made up of medical and public health experts, met in July to make recommendations on who should receive the 2009 H1N1 vaccine when it became available.

The five priority groups include those who are at higher risk for H1N1 influenza or related complications. They are likely to come in contact with influenza viruses as part of their occupation and could transmit influenza viruses to others in medical care settings, or they are in close contact with infants younger than 6 months (who are too

young to be vaccinated).

The five priority groups are:

- pregnant women,
- people who live with or provide care for infants younger than 6 months (e.g., parents, siblings and day care providers),
- health care and emergency medical personnel,
- people 6 months through 24 years of age and
- people 25-64 years of age who have certain medical conditions that put them at higher risk for influenza-related complications.

Once vaccine demand among younger age groups has been met, ACIP recommends that pro-

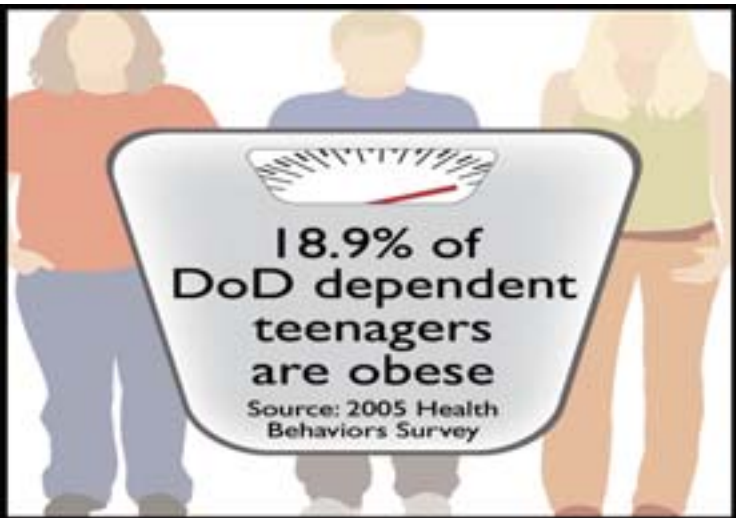
Common sense and personal hygiene is the best resistance to H1N1

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash, or sneeze in your sleeve.
- Wash your hands often and thoroughly, with soap and water, especially after coughing and sneezing. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Regularly clean knobs, telephones and items that many people use or touch. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like symptoms, stay at home to prevent others from getting sick. Stay away from other people for at least 24 hours after your fever is gone, after you have stopped using any fever-reducing medicine. Health care workers should remain on home isolation for seven days.

grams and providers offer vaccination to people 65 or older. Ongoing studies have shown that this age group seems to be less at risk for being infected with the H1N1 virus, possibly because they have been exposed to a form of the virus many years ago and have built up immunity to the current H1N1 virus strain.

Sigmon stressed that while the over 65 population is at less risk from the H1N1 virus, that same population is at more risk for seasonal influenza.

"We continue to provide vaccinations at the major Oahu exchanges throughout October. A schedule is located on the TAMC Web site by visiting www.tamc.amedd.army.mil and clicking on "Fight the Flu." Our over 65 patients are a priority for these vaccinations," Sigmon said.



Parents on the front line in fight against child, teenage obesity

SHARI LOPATIN

TriWest Healthcare Alliance

According to the Journal of American Medicine, nearly 32 percent of American children between 2 and 19 need to lose weight to avoid chronic conditions such as diabetes and heart disease.

Military families aren't exempt; a 2005 survey reported that nearly 20 percent of Department of Defense teenagers are obese. Obesity means an individual is more than 20 percent above his or her ideal weight.

Keep in mind the causes of obesity in children: diets high in fatty foods and calories, inactivity, easy access to salty and sweet snacks at home, and even a child's emotional well-being. So how can parents combat poor eating habits early, especially when obese children are likely to carry their weight into adulthood?

Be a role model.

It's true, kids watch their parents in action. If Mom and Dad eat right and exercise enough, most likely, junior will too. Here are a few helpful starting points:

- Pack school lunches. While most schools have hired a registered dietitian for school meals, not all options are the healthiest. Parents who pack their kids' lunches and snacks take away the choice of pizza over a tuna sandwich with whole grain bread. Just give them the sandwich. Visit www.mypyramid.gov for some interactive nutrition guidance for both kids and parents.
- Eat your greens. Try to set an example by eating plenty of fresh fruits and vegetables



Visit www.triwest.com/eathealthy for more ways to stay healthy.

every day. Parents can also practice portion control as a family, including the children in this behavior by using smaller plates.

Know your calories.

- Which has more calories? A broiled, 3 oz. rib eye steak, or a donut with chocolate icing? The answer is the donut, with 258 calories, versus 210 calories packed with healthy protein and iron from the steak. Read up on different food choices to help you make the best nutritional decisions for yourself and your child.
- Choose healthier food when eating out. Next time, ask for dressing and sauces on the side and choose broiled or baked foods over fried.

Play ball and have fun.

Parents can take away couch time and make it a family fun day, encouraging physical activity. Run through the sprinklers, toss a frisbee in the park, or do an art project. Do whatever it takes to get the kids moving.

Doctors can provide information about the healthy weight ranges for kids and offer advice on proper diet and exercise plans. It's a good idea to discuss this with your child's doctor before starting a new routine.

Remember, one healthy choice a week adds up, whether it's adding more vegetables or turning off the television for an extra hour.



Quick reference appointment line shortcuts

Tripler Army Medical Center (TAMC) updated the central appointment line call menu in September 2009. All primary care and most specialty care appointments at Tripler and Schofield Barracks Health Clinic (SBHC) are booked by calling the central appointment line at 433-2778. Primary care clinics include Family Practice (TAMC/SBHC), Adult Medicine (TAMC), Pediatrics (TAMC/SBHC) and Adolescent Medicine (TAMC). Callers are encouraged to "clip and save" the following set of menu option shortcuts to quickly make contact with specific services. (Menu options effective as of Sept. 25, 2009)

Tripler Info Desk	0
Appointments (Tripler and Schofield)	
•Primary Care, Family Medicine, Pediatrics	1-2
•All others	1-3
Cancel, Confirm or Reschedule Appointments	2
Schofield Barracks Health Clinic	3
General Information	
•Patient Assistance Line (Leave Message for Provider)	3-1-1
•Clinic hours, location directions	3-1-2
•Customer Relations	3-9-1
Allergy and Immunization Clinic	3-1-3
Audiology Hearing Conservation, Speech Therapy	3-8-1
Behavioral Health	3-6
•Adult Family Member Assist Center	3-6-2
•Child and Adolescent Assistance Center	3-6-3
•Marriage and Family Therapy	3-6-2
•Soldier Assistance Center	3-6-1
Concussion Clinic	3-7
Family Medicine Staff	3-1-5
Health Benefits Advisor	3-9-2
Medical Correspondence	3-9-4
Medical Records	3-9-3
Ob/Gyn	3-4
•Appointments	3-4
•Nurse	3-1-4
Occupational Health	3-8-3

Appointment line: 433-2778

Optometry

•Appointments (TAMC & SB) 3-8-2-1

•Check glasses status 3-8-2-3-1

•Lasik or PRK refractive surgery 3-8-2-4-1

•Location and hours 3-8-2-2

Orthopedics, Occupational Therapy, and Podiatry

•Orthopedics Podiatry 3-5-1

Pediatrics 1-2

Pharmacy

•Pharmacy 3-0-2

•Refill Pharmacy 3-0-3

•Call in refill request 3-9-1

Physical Therapy

•Clinic hours and address 3-5-2-2

•Chiropractic appointments 3-5-3

•Occupational Therapy 3-5-2

•Physical Therapy 3-5-2-1

Public Health Nursing 3-8-4

TriWest

•Health Benefits Advisor 3-8-2-5-1

•Eye Benefits Recording 3-8-2-5-2

Troop (Soldier) Medicine

•Appointments for 2nd SBCT, 3rd BCT or 45th STB 3-2-1

•Appointments for 130th Engineers, 225th BSB, and all other units 3-2-2

•Aviation Medical 3-2-3

•Deployment Health 3-2-5

•Flight Physical Exams 3-2-4

•Physical Exams Appointments 3-2-5

•WTU Primary Care and OT 3-3-1

•WTU Physical Therapy 3-3-2

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Leadership listens to survivors' concerns at services summit

Story and Photo By
ROB MCILVAINE
Family and Morale, Welfare & Recreation Command Public Affairs

ARLINGTON, Va. — In order to deliver on the Army's commitment to families of the fallen, about 55 survivors, including parents, spouses, adult children and uniformed survivors representing Army active duty, National Guard and Reserve traveled from Germany, Hawaii and across the continental U.S., recently, to discuss and evaluate the progress Survivor Outreach Services (SOS) has made and voice concerns about items that still need to be addressed.

The theme for this year's SOS summit represented both the process of grief and an assessment of how well the one-year-old organization is addressing the needs of survivors of the fallen: "Embracing Our Survivors Along the Journey...Are We Making a Difference?"

On hand to hear their concerns were Army Chief of Staff Gen. George Casey Jr., and Army Vice Chief of Staff Gen. Peter Chiarelli. Donna Engeman, survivor advisor to the Army's Family and Morale, Welfare and Recreation Command's (FMWRC) survivor's services, opened the summit. "You are always part of the Army Family for as long as you want to be, and at this summit you now have the chance to voice your opinions, suggestions and concerns," Engeman said.

Casey, after a few brief statements, was inundated with concerns from survivors – concerns he does not take lightly. One issue in particular caused him concern.

"We have to change the way the nation thinks about survivors and about the parents of survivors," Casey said. "I was talking to a mom and dad who had lost their son, and they told me that no one has talked to them. (The Soldier's spouse was the recipient of the support.) That is wrong."

Support services are for everyone affected by the death of a Soldier.

"We don't just provide support for the spouse and children of fallen Soldiers," explained Beth Watts, SOS support coordinator for Army Commu-



Brig. Gen. Reuben Jones, right, commanding general of Family and Morale, Welfare and Recreation Command, salutes the wreath placed at Section 60 where most of the fallen from Iraq and Afghanistan are laid to rest. Saluting with him are survivors Ed Brown, at left, and Janae Sturgis, in middle.

nity Service in Hawaii. "We reach out to everyone, from the immediate family to parents, comrades, fiances and extended family members."

Other issues brought up at the summit included escort procedures for bringing bodies home, notification processes, and how support services are needed no matter what the cause of death was.

"Widows of stateside incidents should never be physically put to the side while a widow of a KIA (killed in action) death is given preference, as was my personal experience," said Krystal Michelle Chaney, who was not notified of her husband's stateside death for 18 hours.

Chiarelli listened as spouses and parents around the room told their stories of suicide in the military.

"My job is to cut the number of suicides, which is more about mental wellness of force Soldiers

and families. I lost 168 Soldiers to combat and one to suicide," Chiarelli said. "For this one Soldier, I made the biggest mistake of my life when I didn't allow his name to be placed on the Honor Wall."

Chiarelli says he is now trying to get Soldiers to understand that traumatic brain injury (TBI) and post traumatic stress disorder (PTSD) are both real, and that the stigma many Soldiers feel if they seek help is a major issue that needs to be resolved.

Casey echoed Chiarelli while calling for more help.

"There is clearly and rightly a lot of pain in this room, but solutions aren't going to happen overnight. As you leave this summit, spread your arms and bring in others. Obviously, the issues we've heard mean we haven't been doing enough for our survivors," Casey said.

Survivor Outreach Services in Hawaii

The Survivor Outreach Services (SOS) program is active in Hawaii.

Support groups meet regularly and Benefits and Entitlements classes are held quarterly for active duty Soldiers and their families. Classes cover Servicemembers' Group Life Insurance (SGLI) and Veterans' Affairs (VA) benefits, as well as medical and housing entitlements for survivors.

The next class is scheduled Oct. 28 at Fort Shafter Flats. To register for the class or to find out about future classes and other information, call Beth Watts, SOS support coordinator, at 655-4107.

During the second day of the summit, attendees were invited to visit Arlington National Cemetery. Attendees were able to visit Section 60, where most of the fallen from Iraq and Afghanistan interred in Arlington have been laid to rest.

SOS is an Armywide program designed to provide dedicated and comprehensive support to survivors of deceased Soldiers. The program is a joint effort with collaboration from the Installation Management Command, FMWRC, the Casualty and Mortuary Affairs Operation Center, the Army National Guard and Army Reserve.

SOS standardizes casualty services and policies across the Army and provides additional staffing at Casualty Assistance Centers and Active Component and Reserve Component family Programs. SOS responds to the need for specialized staff at Casualty Assistance Centers to help Casualty Assistance Officers support survivors, as well as adding additional staff who have the sole mission of providing continuing support to survivors.

"We make sure we link survivors with local resources for anything they need assistance with, which can include medical or community services," Watts said.

(Editor's Note: Stephanie Rush, U.S. Army Garrison-Hawaii Public Affairs, and information from www.army.mil, contributed to this article.)



24 / Saturday

Adventure Snorkeling

Enjoy a great day under the water in some of the world's best snorkeling spots with Outdoor Recreation, Oct. 24, 7 a.m.-2 p.m. For pleasure and physical fitness, snorkeling can't be beat as a source of good exercise and tons of fun.

Cost is \$24 for adults or \$12 for children. Call 655-0143.

Tropics Sand Volleyball

Series — Bump, set and spike your way to success in a beach volleyball tournament, Oct. 24, at the Tropics, Schofield Barracks.

Enjoy food and drink specials, giveaways and awards for top players. This is an all-day tournament; play will continue until a winner is crowned.

You must be 18 or older to play. Cost is \$10 per team to enter, but active duty military can play for free. Call 438-1152 to register.

25 / Sunday

Adventure Biking

— Enjoy

a bike tour of the North Shore, discovering local "secrets" and fantastic beach areas, Oct. 25, 7 a.m.-noon. This program is a level-one, beginner-level program suitable for all ages.

Cost is \$15 if you use your own bike or \$20 if you need to rent one; price includes round-trip transportation from Schofield Barracks. Call 655-0143.

29 / Thursday

Evening Surf Patrol

— Enjoy a perfect pau hana stress reliever with an evening surf patrol, Oct. 29, 4:30 p.m. until dusk. This advanced surfing program is perfect for those looking for a unique way to bleed off the stress of the day.

The program is \$35 a person and includes equipment and round-trip transportation to and from Schofield Barracks. Call 655-0143.

31 / Saturday

Surfing Lessons

— Learn to surf like the pros, or at least look the part, with Outdoor Recreation, Oct. 31, 6:30-10:30 a.m. Lessons are only \$35 each and include equipment and round-trip transportation from Schofield Barracks.

For more information, call 655-0143.

November

1 / Sunday

Adventure Hike

— Join Outdoor Recreation, Nov. 1, 7 a.m., for the latest adventure hike through one of several picturesque locations around the island of Oahu. Cost is \$10 and round-trip transportation from Schofield Barracks is provided. Call 655-0143.

7 / Saturday

Mountain Biking

— Join Outdoor Recreation on a mountain bike trip through the Waiānae mountain range, Nov. 7, 7 a.m.-noon. This is a level-three expert program, and is suitable for cyclists looking for some extreme thrills.

Cost is \$20 if you use your own bike or \$25 if you use one of ours. Includes round-trip transportation from Schofield Barracks. Call 655-0143.

8 / Sunday

Hawaiian Canoe and Stand-Up Paddling

— Learn two water sports that drive Hawaiians wild – outrigger canoeing and stand-up paddling, Nov. 8, 7 a.m.-noon. Cost is \$64 and includes round-trip transportation from Schofield Barracks. Call 655-0143.



Send sports announcements to community@hawaiiarmyweekly.com.

25 / Saturday

Marathon Readiness Series

— Getting ready to run a marathon? Runners are invited take advantage of a series of races designed to prepare athletes for the Honolulu Marathon, Dec. 13.

•Oct. 25, P.F. Chang's 30K, starting at Kapiolani Park.

•Nov. 8, Saucony Val Nolasco Half Marathon, starting at Kapiolani Park. Register for the races at www.active.com. Visit www.808racehawaii.com.

Hike Oahu

— Join the Hawaiian Trail & Mountain Club for a 10-mile intermediate hike, Oct. 25, in the Moanalua Valley. After a long, but pleasant road walk, the hike follows the left fork of Kamananui Stream on the recently renamed Kulanaahane Trail. At the top is a good view of Haiku Valley and the Stairway to Heaven. Call Wil Kawano, 373-1492.

Upcoming hikes include:

•Oct. 31, a 4-mile intermedi-

ate ridge hike. Call Fred Dodge, 696-4677.

•Nov. 8, a 5-mile intermediate lush tropical hike. Call Doug Klein, 263-8330.

A \$2 donation is requested of nonmembers. An adult must accompany children under 18. For more information and a calendar of future hikes, visit www.htmlclub.org.

November

1 / Sunday

Tradewind Triathlon

— The Tradewind Triathlon hits the shores and streets of Marine Corps Base Hawaii, Kaneohe Bay, Nov. 1, starting at 7:30 a.m., with a 500-meter swim followed by an 11.1-mile bike course, and ending with a 5K run.

This event is ideal for amateur or experienced triathletes. This is the final triathlon offered in Hawaii this year.

Individual registration fees are \$40 for active duty military and \$60 for civilian. Three-person teams can register for \$60, military; \$85 civilian.

Participants must register by Oct. 24 at 4 p.m. Visit www.mccshawaii.com or call 254-7590.

8 / Sunday

Volksmarching Club

— Join the Menehune Marchers Volkssport Club on a 5K or 10K volkssport (walk), Nov. 8, in Kailua District Park (21 S. Kainalu Drive). Starting at the park, the 10K route takes you through central Kailua, Kawainui Marsh, and Ulupo Heiau walking along its newly restored and landscaped beach.

Participants can start anytime between 8-11 a.m. and finish by 2 p.m. For more information, or to pre-register, contact Maria at 261-3583, or visit www.ava.org/clubs/menehune-marchers/. This event is free, and IVV credit, if desired, is available for a nominal fee.

10 / Saturday

Kaneohe Turkey Trot

— The Department of Parks and Recreation and the Kaneohe Complex will sponsor the annual Turkey Trot, Nov. 10, beginning at 5 p.m., at the Kaneohe Community Park (45-529 Keaahala Road).

The annual Turkey Trot is a fun obstacle course with stunts and skills that challenge the body and mind. It's fun, free and open to parents with tots 3-5 years old, children, teens, adults and seniors. For more information call 233-7330.

Halloween

From B-3

Ongoing

Festival of Fear at Wet 'n' Wild — Experience the wicked and wildest Halloween ever at the all-new Festival of Fear at Wet 'n' Wild Hawaii. Enjoy favorite rides from 7-11 p.m. Check the Web site for dates and discount coupons at www.wetnwildhawaii.com or call 945-3928.

Honolulu Ghost Tour — Historian Steve Fredrick will host tours throughout haunted sites and mystical places in downtown Honolulu and Chinatown,

nightly at 6:30 p.m., throughout October.

Paranormal activities are known to occur at several of the sites visited during the three-hour/two-mile walking tour. Tour recommended for adults only.

Cost is \$25, or \$20 with military I.D. Reservations are required 48 hours prior. Same-day reservations are not accepted. Visit www.stevetoursandfilms.vp web.com.

Kapolei Pumpkin Patch — Visit the 9th annual Kapolei Pumpkin Patch at Aloun Farms, (91-1440 Farrington Highway), Oct. 24, 25, and 31, 9 a.m. to 5 p.m. Keiki can see how pumpkins grow and pick their own. Attractions include a farmer's market, pick your own sweet corn, a giant maze field, hay rides, pony rides and more. Admission is free; parking cost \$3. Pumpkins will be priced according to size. Cash only. Visit www.alounfarms.com.